

## Good for **You!**

### **Share Your Recipes That Add Color to Your Plate**

Smart nutrition is about making good choices and eating healthy. Are you already making some smart food choices? Then good for you! We'd love to share your ideas with others.

#### **Recipe Contest**

*Give Us Your Most Colorful Dish*

Send your favorite healthy recipe—one that adds color to your plate with fruits and vegetables—to [News.FOH@foh.hhs.gov](mailto:News.FOH@foh.hhs.gov), and we'll include it in our healthy recipe contest. We'll have a gallery of submissions posted on our Web site for you to vote on. The top colorful recipe will be featured in the next *Wellness-Fitness* newsletter. Be sure and tell us where you got the recipe ("old family" recipe, cookbook name/author, Web site address, etc.).

#### **Making Healthy Choices Easier**

You can also visit [www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar) for information that makes healthy food choices easier and more enjoyable. The site will give you tips (and recipes) for tasty food that is high in nutritional value and low in calories.

Remember, smart nutrition and healthy living start with YOU.

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